

## Statistics Report 12195, Nuts, almond butter, plain, without salt added

Report Date: September 21, 2015 22:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	1.64	--	0.155	1.2	2.4	7.0	1.272	2.003	1	Analytical or derived from analytical	--	02/2010
Energy	kcal	614	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	2568	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein <sup>1</sup>	g	20.96	--	0.449	18.32	22.13	7.0	19.895	22.021	1	Analytical or derived from analytical	--	02/2010
Total lipid (fat) <sup>1</sup>	g	55.50	--	0.716	53.2	59.2	7.0	53.807	57.193	1	Analytical or derived from analytical	--	02/2010
Ash <sup>1</sup>	g	3.09	--	0.058	2.9	3.3	7.0	2.95	3.225	1	Analytical or derived from analytical	--	02/2010
Carbohydrate, by difference	g	18.82	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary <sup>1</sup>	g	10.3	--	0.403	9.2	12.9	7.0	9.307	11.211	1	Analytical or derived from analytical	--	02/2010
Sugars, total	g	4.43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

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Sucrose <a href="#">1</a>	g	4.34	--	0.196	3.4	5.3	7.0	3.873	4.802	1	Analytical or derived from analytical	--	02/2010
Glucose (dextrose) <a href="#">1</a>	g	0.02	--	0.000	0.02	0.02	7.0	0.015	0.015	1	Analytical or derived from analytical	--	05/2010
Fructose <a href="#">1</a>	g	0.00	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
Lactose <a href="#">1</a>	g	0.00	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
Maltose <a href="#">1</a>	g	0.07	--	0.000	0.07	0.07	7.0	0.074	0.074	1	Analytical or derived from analytical	--	05/2010
Starch <a href="#">1</a>	g	0.08	--	0.000	0.08	0.08	7.0	0.075	0.075	1	Analytical or derived from analytical	--	05/2010
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	347	--	12.733	279	384	7.0	317.141	377.359	1	Analytical or derived from analytical	--	02/2010
Iron, Fe <a href="#">1</a>	mg	3.49	--	0.360	1.59	5.37	7.0	2.639	4.343	1	Analytical or derived from analytical	--	02/2010
Magnesium, Mg <a href="#">1</a>	mg	279	--	6.497	247	310	7.0	263.136	293.864	1	Analytical or derived from analytical	--	02/2010
Phosphorus, P <a href="#">1</a>	mg	508	--	10.745	442	547	7.0	482.216	533.034	1	Analytical or derived from analytical	--	02/2010

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Potassium, K <a href="#">1</a>	mg	748	--	21.239	678	839	7.0	698.028	798.472	1	Analytical or derived from analytical	--	02/2010
Sodium, Na <a href="#">1</a>	mg	7	--	0.000	7	7	7.0	7.382	7.382	1	Analytical or derived from analytical	--	05/2010
Zinc, Zn <a href="#">1</a>	mg	3.29	--	0.218	2.41	4.53	7.0	2.769	3.801	1	Analytical or derived from analytical	--	02/2010
Copper, Cu <a href="#">1</a>	mg	0.934	--	0.047	0.71	1.1	7.0	0.823	1.044	1	Analytical or derived from analytical	--	02/2010
Manganese, Mn <a href="#">1</a>	mg	2.131	--	0.155	1.42	2.49	7.0	1.765	2.497	1	Analytical or derived from analytical	--	02/2010
Selenium, Se <a href="#">1</a>	µg	2.4	--	0.136	2.2	3.3	7.0	2.03	2.671	1	Analytical or derived from analytical	--	05/2010
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
Thiamin <a href="#">1</a>	mg	0.041	--	0.006	0.02	0.06	7.0	0.027	0.054	1	Analytical or derived from analytical	--	05/2010
Riboflavin <a href="#">1</a>	mg	0.939	--	0.118	0.45	1.39	7.0	0.66	1.217	1	Analytical or derived from analytical	--	02/2010
Niacin <a href="#">1</a>	mg	3.155	--	0.101	2.8	3.56	7.0	2.916	3.394	1	Analytical or derived from analytical	--	02/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <sup>1</sup>	mg	0.318	--	0.018	0.23	0.38	7.0	0.274	0.361	1	Analytical or derived from analytical	--	02/2010
Vitamin B-6 <sup>1</sup>	mg	0.103	--	0.007	0.08	0.13	7.0	0.087	0.118	1	Analytical or derived from analytical	--	02/2010
Folate, total	µg	53	--	--	--	--	--	--	--	--	Calculated or imputed	12063	08/2010
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Folate, DFE	µg	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total	mg	52.1	--	--	--	--	--	--	--	--	Calculated or imputed	12063	08/2010
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1984
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	12063	08/2010
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	12063	08/2010
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	12063	08/2010
Vitamin A, IU	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	12063	08/2010
Lutein + zeaxanthin	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	12063	08/2010
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	24.21	--	1.082	21	30.6	7.0	21.653	26.772	1	Analytical or derived from analytical	--	02/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta <sup>1</sup>	mg	0.53	--	0.035	0.45	0.77	7.0	0.444	0.611	1	Analytical or derived from analytical	--	02/2010
Tocopherol, gamma <sup>1</sup>	mg	1.01	--	0.072	0.89	1.5	7.0	0.838	1.176	1	Analytical or derived from analytical	--	02/2010
Tocopherol, delta <sup>1</sup>	mg	0.00	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	12063	08/2010
<b>Lipids</b>													
Fatty acids, total saturated	g	4.152	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
8:0 <sup>1</sup>	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
10:0 <sup>1</sup>	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
12:0 <sup>1</sup>	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
14:0 <sup>1</sup>	g	0.007	--	0.000	0.01	0.01	7.0	0.007	0.007	1	Analytical or derived from analytical	--	08/2010
15:0 <sup>1</sup>	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 <a href="#">1</a>	g	3.192	--	0.037	3.01	3.35	7.0	3.105	3.28	1	Analytical or derived from analytical	--	08/2010
17:0 <a href="#">1</a>	g	0.007	--	0.000	0.01	0.01	7.0	0.007	0.007	1	Analytical or derived from analytical	--	08/2010
18:0 <a href="#">1</a>	g	0.938	--	0.057	0.73	1.22	7.0	0.804	1.072	1	Analytical or derived from analytical	--	08/2010
20:0 <a href="#">1</a>	g	0.007	--	0.007	0	0.06	7.0	-0.01	0.024	1	Analytical or derived from analytical	--	08/2010
22:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
Fatty acids, total monounsaturated	g	32.445	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1 <a href="#">1</a>	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
15:1 <a href="#">1</a>	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
16:1 undifferentiated <a href="#">1</a>	g	0.248	--	0.009	0.2	0.29	7.0	0.227	0.269	1	Analytical or derived from analytical	--	08/2010
17:1 <a href="#">1</a>	g	0.035	--	0.000	0.04	0.04	7.0	0.035	0.035	1	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated <sup>1</sup>	g	32.143	--	0.525	28.9	33.78	7.0	30.902	33.385	1	Analytical or derived from analytical	--	08/2010
20:1 <sup>1</sup>	g	0.019	--	0.008	0.01	0.06	7.0	0.001	0.036	1	Analytical or derived from analytical	--	08/2010
Fatty acids, total polyunsaturated	g	13.613	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated <sup>1</sup>	g	13.605	--	0.762	8.96	15.79	7.0	11.804	15.407	1	Analytical or derived from analytical	--	08/2010
18:3 undifferentiated <sup>1</sup>	g	0.007	--	0.000	0.01	0.01	7.0	0.007	0.007	1	Analytical or derived from analytical	--	08/2010
20:2 n-6 c,c <sup>1</sup>	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
20:3 undifferentiated <sup>1</sup>	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
20:4 undifferentiated <sup>1</sup>	g	0.000	--	0.000	0	0	7.0	--	--	1	Analytical or derived from analytical	--	02/2010
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1984
Phytosterols	mg	139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Stigmasterol <sup>1</sup>	mg	3	--	0.237	2	4	7.0	2.644	3.764	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Campesterol <a href="#">1</a>	mg	6	--	0.417	5	8	7.0	4.665	6.635	1	Analytical or derived from analytical	--	02/2010
Beta-sitosterol <a href="#">1</a>	mg	131	--	3.490	116	147	7.0	122.248	138.752	1	Analytical or derived from analytical	--	02/2010
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a>	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Threonine <a href="#">1</a>	g	0.555	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Isoleucine <a href="#">1</a>	g	0.813	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Leucine <a href="#">1</a>	g	1.483	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Lysine <a href="#">1</a>	g	0.612	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Methionine <a href="#">1</a>	g	0.122	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Cystine <a href="#">1</a>	g	0.242	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Phenylalanine <a href="#">1</a>	g	1.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine <a href="#">1</a>	g	0.595	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Valine <a href="#">1</a>	g	0.937	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Arginine <a href="#">1</a>	g	2.382	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Histidine <a href="#">1</a>	g	0.550	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Alanine <a href="#">1</a>	g	0.990	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Aspartic acid <a href="#">1</a>	g	2.397	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Glutamic acid <a href="#">1</a>	g	5.912	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Glycine <a href="#">1</a>	g	1.472	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Proline <a href="#">1</a>	g	0.915	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010
Serine <a href="#">1</a>	g	0.926	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1995

Sources of Data

<sup>1</sup>Almond Board of California Nutrient content of almond butter, Almond Board of California, 2005 Modesto CA